



CANADIAN REIKI ASSOCIATION NEWSLETTER

February 2009 | Light 9—Ray 1

MESSAGE FROM THE PRESIDENT



We are well into the cold snow laden days of January with two months to go until the spring solstice. Many of you may be enjoying your favourite winter sport or you may be choosing to curl up with a good Reiki book by the fire enjoying a hot drink. You may be looking at this occasion creatively by designing a new business plan for your Reiki practice. Remember that the universal flow of Reiki Energy is always with you and it will align you to your new plan. Now that you have some awareness of your purpose for the coming year, it is now time to manifest them into your consciousness. It is a time to stay focused while you create your dreams by turning them into your reality. Trust that you will have the total support of the Universe with you at all times.

I would like to remind everyone of the Annual General Meeting scheduled for May 23rd, 2009. This year it will be held in North Vancouver at the Lonsdale Quay Hotel. Before your schedule is booked with appointments or classes make a date to come and join us. We will be sending out information packages in the coming months.

The CRA was present at the 17th Annual Wellness Show held on February 6th, 7th, & 8th at the Vancouver Convention & Exhibition Centre, in Vancouver. This was our second year for the Calgary Health Show held at the Roundup Centre, at Stampede Park on February 7th, 8th. Both shows were well attended and we thank all who stopped by for a Reiki treatment.

Our YTB Fundraising campaign is ongoing and I will be more actively promoting and sharing information with you over the coming months. It is time for all us to take an active part, which will help the Canadian Reiki Association in its financial growth.

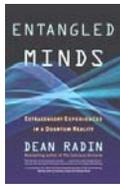
Reiki Blessings,
Bonnie Smith
President



In This Issue

Book Review	2
About the CRA	2
Reiki Healing Modality.....	3
Manifesting the New Year	5
Promote Reiki	5
Seed Germination.....	7
CRA Fundraiser	10
Reiki Energy Level.....	11
CRA Luncheon—Ontario.....	12
Massage Tables	12
You and the Privacy Act.....	14
Shares & Exchanges.....	17
Announcements	21
Affiliate Program	22
Advertising.....	23

BOOK REVIEW



"ENTANGLED MINDS – EXTRASENSORY EXPERIENCES IN A QUANTUM REALITY"

by Dean Radin

People tend to back off and cringe as soon as they hear terms like quantum physics, quantum mechanics, or quantum this and that. As for me those terms peak my interest. Research in these fields reinforces our energy work and provides validation for those who need it. Radin provides scientific evidence on areas of psychic phenomena such as telepathy, clairvoyance, and psychokinesis. He delves into the tragedy of 9/11 for those who aren't aware of the RNG results during that time period.

A quantum object has no location in time or space when unobserved. This can relate to Reiki distance treatments. In Gendai Reiki one learns how to treat past Karma. This makes perfect sense on the quantum basis that time is fractal and not linear. Since there is no past or future...it's all just here...then distance treatments to the linear way of thinking can go into the past or the future. We respond emotionally prior to a situation occurring. How? It's because we know what is going to happen. This is presentiment.

People respond uncomfortably when being stared at by someone in a totally separate room. Lab tests for perceptual psi (ESP) have people describing hidden objects, some of which are many miles away. Modern Ganzfeld tests are well known to scientists because they are so close to the perfect psi experiments. Radin writes about: the power of group intention, the Global Consciousness Project (GCP), and studies performed by the PEAR Lab with RNG units where people changed the randomness of these machines.

Psi work is still considered to be controversial. I think this is largely due to the fact that the general public isn't aware of the vast quantity of research that has been performed over the years. This book can't help but open your eyes. What many have long considered to be intangible is in actuality part of acceptable scientific circles.

Jo-Anne G. Stevens
RT/P-CRRA, Axiatonal Re-Alignment
Teacher/Practitioner, Masseur,
S.I. Therapist Level II
Metaphysical Healer.



Canadian Reiki Association: We provide our members with a national voice and encourage high educational standards. Through our Code of Ethics, we are promoting ethical practice and teaching. We assist the public with referrals to CRA Registered Practitioners and Teachers and we are committed to enlightening and educating our communities about Reiki.

Editorial Committee:

Editor: Doug Feltis
Layout: Judy Cain
Website: Susan Chepelsky, Sue Studios

Board of Directors:

Bonnie Smith
Barbara Weston
Tania Bakas
Louise Vigneault
Carell Mehl

Mailing Address:

Box 54570, 7155 Kingsway
Burnaby, BC V5E 4J6
P: 1.800.835.7525 or Local: 604.669.9049
F: 604.521.9557
E: reiki@reiki.ca or membership@reiki.ca
W: www.reiki.ca

We welcome your comments, criticisms, and feedback. Letters may be edited for length and clarity.

We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves.
— Henry S. Haskins

ADVERTISING INFORMATION

Advertise your business, sell merchandise or place job ads in the newsletter. On review of the content, non-members can also advertise in our newsletter.

Ad Size	Members Cost	Non Members Cost
Full 6.5" x 8.5"	\$140	\$280
1/2 3" x 8.5"	\$70	\$140
1/4 3" x 4.25"	\$40	\$80
1/8 3" x 2.125"	\$20	\$40
1/16 3" x 1"	\$10	\$20

AN INTRODUCTION TO REIKI AS A HEALING MODALITY

By Karen D'Alessio, M.S.W., RSW
Reiki Master and Holistic Social Worker

WHAT IS REIKI

Reiki can be defined as a “light touch” therapeutic system and set of techniques for natural healing. Reiki involves a series of hand positions and placements, therefore it is often referred to as “hands on healing.” The actual word “Reiki” is a Japanese one, which when translated to English means “Universal Life Force Energy.” Reiki is believed by many to be as old as humankind, and the capacity for Reiki is thought to be somewhere within all of us. The “Ki” in Reiki refers to the same vital life force that is called “chi” in Chinese or “prana” in the Indian tradition.

Today, Reiki as a healing art is being practiced and taught around the world, and is being experienced as a powerful form of energy medicine. Most modern practitioners of Reiki follow the traditional teachings of Dr. Mikao Usui, who lived in Japan in the 1800's. It has been documented and widely reported that the Usui method of Reiki (formally called Usui Shiki Ryohoi) is a re-discovered ancient Tibetan mode of healing.^[i] Reference to hands-on healing can be found in ancient Buddhist sutras, although Reiki is not confined to certain religious sects – quite the opposite, in fact.^[ii] Reiki is being practiced today by Christians, Buddhists, Jews, Muslims, Hindus, and many others. Reiki does not contradict any religious practices, and one does not have to be religious to practice Reiki, as many agnostics and atheists have fully enjoyed its benefits.^[iii]

THE REIKI PRECEPTS

All practitioners of Usui Reiki reflect daily on five Reiki principles, which have been translated in a range of socio-cultural contexts, and presented in similar variations of the following:

Just for today...

I will not get angry

I will not worry

I will earn a living honestly and decently

I will be grateful

I will show love and respect for every form of life ^[iv]

WHAT HAPPENS DURING A REIKI SESSION

During a Reiki session, a client will remain fully clothed and lie on a massage table or may also sit in a chair. The Practitioner will follow a sequence of hand positions, which will be placed lightly on or slightly above key energy centres or points commonly referred to as chakras. The Reiki Master or practitioner may also work with acupressure points, thereby working to release blocked life force energy.

Most clients report deep relaxation during a session; however each session is individually different. There are varied client experiences documented including muscle twitching, falling asleep, noticing new perspectives,



feelings, thoughts, and even images. Some clients fall into a meditative state while others may experience emotional release – this may be expressed as tears or a sense of joy and/or peace. Often, people report feeling a significant drop or rise in body temperature and the alleviation of pain. For example, a headache may disappear. Spiritual clarity and feelings of comfort are often reported. ^[v]

Immediately after the Reiki session, it may take a period of 10-20 minutes to come back into full awareness and alertness. For the next few days, some may experience mild to moderate detoxifying effects, so extra water and rest may be needed. Reiki is always safe and can be used anytime, and will not interfere with medications and other healing modalities. One word of caution is that Reiki should not be given during or immediately prior to surgery, as there have been client reports of the anesthetic drug wearing off too quickly when Reiki is applied at the time of an operation.

COURSE OF TREATMENT FOR REIKI

For relaxation and wellness, many people enjoy just one Reiki session from time to time for rebalancing and re-energizing. To deal with a chronic or specific health issue, it is generally recommended that three, preferably four sessions be received, as close together as possible, ideally for 4 days in a row. After this initial block of 4 sessions, Reiki should continue until the client's health issue has been resolved. ^[vi]

CLIENT BENEFITS, TESTIMONIALS AND RESEARCH APPLICATIONS FOR REIKI

In the United States, Hawayo Takata brought her own Reiki testimonial from Japan to the West.

Mrs. Takata of Hawaii was experiencing many health issues, involving asthma, gallstones, and other problems, including those related to a tumour. She was able to avert surgery, and was healed after months of daily Reiki treatments at a clinic in Tokyo. ^[vii] This was in the 1930's. Her healing inspired her to learn Reiki in Japan, and then bring the Usui teachings in Reiki to the U.S. and Canada.

Mrs. Takata was the first Usui Reiki Master in North America. We owe much thanks to Hawayo Takata for sharing her Reiki experiences and her personal story of healing. Her immeasurable and immensely valued contributions to Reiki world-wide are still being honoured today, as Reiki benefits are being enjoyed across the globe.

These days, client testimonials are many, and are slowly but surely being included more and more into modern research clinical trials and the mainstream media. Dr. Andrew Weil, for example, has discussed Reiki as an adjunct treatment for acute or chronic pain, and has reported on its applications related to wound healing and other long-standing health issues. ^[viii]

Continued on page 4

AN INTRODUCTION TO REIKI AS A HEALING MODALITY

Continued from page 3

Pamela Miles is a Reiki Master who has helped introduce and implement Reiki programs in New York area hospitals. Within these hospitals, doctors, nurses and volunteers are being trained in Reiki and are publishing first-hand observed patient benefits, including dramatic effects on surgical recovery. In Portsmouth Regional Hospital in New Hampshire, Reiki was made available wide-spread and program evaluations are showing that patients receiving Reiki need less pain medication and leave hospital sooner.[\[ix\]](#)

In 2003, hospital-based researchers published results of Reiki with Cancer patients and HIV/AIDS patients. In one study, advanced cancer patients who received Reiki in addition to pain medication reported improved pain control and better quality of life. In a study reported on in 2004, people who received a 1 to 1.5 hour Reiki session each week for six weeks reported reductions in depressive symptomology. Research has also measured decreased levels of stress hormones and reductions in heart rate and blood pressure in clients during full Reiki sessions.[\[x\]](#)

Dr. Larry Palevsky is the former head of pediatric emergency at Lenox Hill Hospital in New York. After being trained in Reiki, he began to use it in the delivery room and stated that when a newborn would exhibit breathing problems, he would initially apply Reiki and in ninety-nine out of 100 times, the babies required no further medical intervention, which would otherwise be standard in these situations.[\[xi\]](#)

Much more research can be found by visiting ReikiIn-Medicine.org or by visiting drweilselfhealing.com.

Regularly, common and everyday reported benefits of Reiki include client pain relief, and a diminishing or alleviation of many conditions related to sinus problems, allergies, back pain, arthritis, muscular tension, insomnia, depression, diabetes, mental illness, addictions, and even stroke recovery.[\[xii\]](#)

HOW TO CHOOSE A REIKI PRACTITIONER

When choosing a Reiki practitioner, some considerations may include:

- What level of training does the practitioner have, and how long has he/she been practicing Reiki?
- Does the Reiki service provider adhere to a national or international Code of Conduct or Code of Ethics and professional standards, such as the standards of the Canadian Reiki Association or an international standardized, professional body?

- Can the practitioner show evidence of his/her certification and membership in a governing body that monitors standards and best practices in Reiki?
- Does the practitioner follow the directive for daily self-treatment? As Reiki Master Pamela Miles shares, a daily self-treatment protocol is “the foundation of Reiki at all levels and the discipline that matures our understanding.”[\[xiii\]](#)
- How does the Reiki practitioner describe Reiki? Are unprofessional or unethical claims being made? For example, Reiki should never be prescribed as a “cure” for any ailment. Although anecdotal evidence and client testimonials are often nothing short of miraculous, each individual will experience different results from Reiki. In addition, there is general consensus in the professional Reiki community, that this healing practice brings general “wellness consciousness”[\[xiv\]](#) and cumulatively, treatments will provide wide-ranging improved health, insight and self-empowerment toward enhanced quality of life.

HOW TO LEARN REIKI, HOW TO GROW AS A PERSON

Only a Reiki Master can teach Reiki. The considerations for choosing a Reiki Master should be similar to the considerations taken in finding a Reiki practitioner (see earlier section: “How to Choose a Reiki Practitioner”). For persons wanting ongoing Reiki treatments, first degree Reiki training (often referred to as Reiki Level 1) is ideal and economical, since the training provides students with the methodology to use Reiki on themselves every day, and as often as needed. In addition, graduates of Reiki Level 1 are perfectly qualified to provide Reiki services to others. However, it is recommended that one practice for many months on one’s self, and on family and friends, prior to offering services to others.[\[xv\]](#)

There is no need to continue on in Reiki training beyond First Degree, unless one feels strongly drawn to the practice. A student may wish to continue on the Reiki journey toward Level 2 training, and eventually, even training as a Reiki Master. Each Reiki Master will have different guidelines for a “waiting period” involving intense Reiki practice between each level of training.

The cornerstone of learning Reiki is to practice it *every day*. As most Reiki practitioners and Masters agree, the power of Reiki comes not with certifications or levels, but with daily practice and deep commitment. Reiki must be experienced to be learned; it cannot be taught using the Western pedagogy of reading and

Continued on page 5

AN INTRODUCTION TO REIKI AS A HEALING MODALITY

Continued from page 4

writing. Rather, students of Reiki must watch, learn and do. As they engage in “hands on” work each day, they will grow to experience the profound healing effects of this practice; as they grow in their commitment to Reiki, so too will they grow as fully functioning human beings, as healers and hopefully, as role models for how we were all intended to live.

For more information, Karen D'Alessio can be reached at: (416) 347-6540 / www.tripath.ca

[i] Stein, Diane. *Essential Reiki: A Complete Guide to an Ancient Healing Art* p.12. Crossing Press, 1995.

[ii] The history of Reiki comes to us primarily via oral tradition, therefore historical accounts vary slightly. We know that Dr. Usui from Japan had experience both as a Christian Minister, and as a Zen monk who spent years studying ancient scripts and meditating to develop his spiritual practice. An interesting article about a personal connection to the Reiki story is: *A Personal Journey to Know the Reiki Symbols* by Fokke Brink (Reiki Magazine International, February 2000), p.12. In addition, the writings of Pamela Miles, Paul David Mitchell, Diane Stein and William Lee Rand provide various (albeit sometimes conflicting) and valuable pieces of the Reiki history.

[iii] It is most likely that any Reiki Master will be able to share stories of treating persons from all walks of life and all religious backgrounds. For an interesting perspective on Reiki bringing together people of various faith backgrounds, see “*Reiki in the City of Peace*” by Barbara McDaniel (Reiki Magazine International, January 2003). This article tells the story of a Reiki Master who launched “Reiki for Peace” to work with Israelis and Palestinians in the Middle East.

[iv] The writer of this article is forever grateful to Vivian Eilon (Reiki Master, Toronto, Ontario) who passed on this version of the Reiki precepts.

[v] The author of this article has personally witnessed clients experiencing these reactions, and many more. More client testimonials can be found in most articles or books written on Reiki. By far, the best test of Reiki’s restorative powers is the personal experience of Reiki itself.

[vi] Burden, Philippa. “*Four Days of Reiki Treatments - Musings on the Value of Multiple Days of Treatment*” in *Reiki Magazine International* (March, 2001), page, 33.

Continued on page 11

MANIFESTING THE NEW YEAR WITH REIKI ENERGY

By Selina Khan, RT-CRA

Manifestation has been a hot topic ever since the release of the movie “The Secret”. Using energy, focus and intention to help create the best outcome in our lives is not a new concept. How does Reiki fit into this?

Reiki energy carries the essence and vibration of love. Love is the only energy that is real. Everything else is illusion. When channeling Reiki energy toward a future vision, the vibrational quality of Reiki helps to attract situations, people, and opportunities to us that also carry that same vibration.

Just as we must let go of the outcome when giving a Reiki healing, in manifestation, we must do the same. Holding onto and becoming invested in our vision in a needy, or rigid manner means that we are operating from a level of fear. Fear is a different vibration than love and will create more situations where our fears are triggered. This can be a learning opportunity and a chance to transform ourselves as the universe always mirrors our core beliefs.

From my own experience, I manifested a job after being out of work for nine months. I used a Reiki Manifestation Triangle. Here is how you construct the triangle.

- On a large sheet of paper, draw a triangle.
- Beside the left point, write your name.
- Beside the right point, write your goal in a brief sentence. For example, “to own and live in my own house”.
- Above the top point, write the outcome. The outcome needs to be very specific and detailed. If you ask for vague, you manifest vague. Here is an example – “a two-story house, in Etobicoke, with three bedrooms, cream coloured wall to wall carpeting, with finished basement newly painted in green pastel where I spend each evening relaxing with a great book, etc”. You get the idea.
- In the middle of the triangle, write “I am now manifesting this or something even better for the highest good of all.” Or use your own words.

Everyday I reviewed each corner of the triangle. I would draw a Reiki symbol over it, read it out loud and send energy over the words. In order to help me visualize the Reiki Symbols, I used a pen to draw symbol number one over each corner.

I started with my name, moved to the goal, and then to the outcome. When I sent energy to the outcome, I visualized it with as much emotion and focus as I could. I saw myself happy in my new job, loving my coworkers, and feeling fulfilled. Then I would end the session by reading the statement in the middle of the triangle. The final step is to give thanks and let it go. Just trust that it is starting to take shape in the energetic realm.

It took less than a month using the Reiki Manifestation Triangle before I was working again. There are many manifestation techniques that you can incorporate Reiki energy. Try this one and may you manifest a life full of love, joy, and peace.

Selina Khan is a Reiki Master, Psychic, and Medium. She has helped people to transform their lives through energy healing, intuitive guidance, and workshops. Her expertise stems from over 20 years experience in the intuitive and holistic fields.

To contact her visit:
<http://www.TorontoPsychicServices.com>

PROMOTE REIKI, PROMOTE YOURSELF!

By Jennifer Thibodeau, RP-CRA

Whether you are a level one Reiki practitioner or a Reiki teacher with years of experience, there are many ideas and tools you can use to build and promote your Reiki practice. Using some basic marketing techniques will help more potential clients and students find you, and best of all, will help them find Reiki. The first line of the *Komyo Reiki Kai's* First Degree training manual says the purpose of Reiki is “to promote a wider spread of Reiki hands-on healing art and make it easily available to everyone.” This is a worthy goal of any Reiki practitioner or teacher, and there are a number of ways to achieve this.

Continued on page 6

PROMOTE REIKI, PROMOTE YOURSELF!

Continued from page 5

Business Cards

Get some business cards made, and carry them with you at all times. Social events, work, even a trip to the grocery store can be an opportunity to pass them on. Business cards give people a physical reminder of their conversation with you, and allow them to contact you in the future. Include information such as:

- your name
- business name
- what services you offer (i.e.: are you offering only Reiki treatments, or do you teach classes as well? How about other modalities of healing?)
- email and website addresses
- phone number
- working hours

Word of Mouth

This is an invaluable source of clients. How many times have you tried a new restaurant or hairdresser based on the recommendation of someone you trust? Make sure you give all clients and students your business cards and ask them to share them with anyone they know who might be interested in your services.

Refer-a-Friend Discount

If a client or student refers you to a friend, offer each of them a discount off their next class/treatment. Everyone wins, including you!

Free Treatments

This is a great way to build a clientele list, and to build your confidence level. Free Reiki sessions allow people to experience the healing energy themselves without having to make a financial commitment, and a full 60 minute session qualifies for your Canadian Reiki Association practicum requirements. Each hour-long treatment is worth one Continuing Education Unit (CEU) when performed at Reiki Shares hosted by a CRA Master. See www.reiki.ca/criteria.htm for more information on CEUs and the CRA practicum.

Donate a Reiki Treatment

Consider donating a Reiki treatment to a local charity fundraiser. They can be used in a silent auction, as a door prize, as a reward for volunteers, etc.

Family & Friends

Make sure you give Reiki treatments to family and friends! As a present, you could give them vouchers for a free Reiki session with you. They will get to experience your new talent, you can help to relax and de-stress them, and they will be your Reiki ambassadors. These sessions can also be used to complete your CRA CEUs.

Get a Website

Like it or not, technology is here to stay! Websites are becoming increasingly common, and a 2007 survey reported 108,810,358 distinct websites on the internet. They are a great way to communicate with prospective clients and students about who you are and what you offer. You can hire a website designer to create one for you, or if you are somewhat computer savvy there are companies that create website templates that allow you to 'build' your own website.

Some important information you will want to include on your website are:

- A home page
- A biography of yourself, including your Reiki lineage
- A list of services (treatments, classes) you provide, with prices clearly listed
- A way for people to contact you

Links from Other Websites

Ask your teacher to place a link on their website to yours. A supportive teacher will have no problem doing this, and will probably offer to do so before you get the chance to ask! Many Reiki people have a 'reciprocal links' section of their website and this is another good way to increase traffic to your website. Add a link to your website to the signature on your email – then every email you send will potentially bring people to your website.

Canadian Reiki Association - Practitioner/Teacher Listing

The CRA has an online register of all Registered CRA Practitioners and Teachers. You can request to be included on these lists. If you do not have a website, you can get a biography page made for this site, and this will help prospective clients and students learn more about you.

Write for the Canadian Reiki Association

The CRA is always looking for articles to include in their newsletter. If you have a talent for writing this might be a good way for you to promote your Reiki practice.

Most Importantly, Send Reiki to Your Reiki Practice

Sending the positive energy of Reiki to your own practice will bring good results. Request that you find clients and students if it is for your highest good.

These ideas are all free or low-cost, and should be enough to get you started on building (or increasing) your Reiki practice. Try the ones you think would work for you, and don't be afraid to try something new! Continue to work on yourself as you work to build your practice. You can do this by meditating to raise your Reiki energy levels, reading books or taking additional classes to expand on your knowledge of Reiki, and receiving attunements as often as possible. Make sure you attend as many Reiki shares or student practice nights as you can. If you feed your passion for Reiki it will show, and the people around you will want to learn more. And don't forget, the goal is to promote Reiki and make it easily available to everyone!

Jennifer Thibodeau B.A., B.Ed., is a Reiki teacher and practitioner in Surrey, B.C. Her teacher is Hyakuten Inamoto, founder of *Komyo Reiki Kai*. She lived in Japan for five years, and studied traditional Japanese Reiki in Kyoto, the birthplace of Reiki. Her website is www.mountainskyreiki.com.

THE EFFECT OF REIKI ENERGY ON SEED GERMINATION

Summary

Objective: Demonstrate that Reiki energy has a beneficial influence on seed germination and the amount of Reiki energy makes a difference on the growth speed of the plants.

Method: One experiment was performed using wheat seeds germinated in hydroponic 'lots', in three identical porcelain plates. The lots were placed in very close proximity, in order to ensure identical light and temperature conditions. Also, an equal quantity of water was given three times a day to each plate in order to ensure the same humidity level. The first lot was treated twice a day with Reiki energy, without using any Reiki symbols and without any specific intention, for 5 minutes at a time. The second lot was treated in the same way only once a day. The control lot was not treated at all.

Results: The Reiki energy has a significant effect on the number of seeds sprouted compared to the control lot. The growth speed of the plants is significantly higher in the treated lots compared with the control one, and increases with the amount of Reiki energy administered.

Conclusion: This experiment suggests that Reiki energy affects living biologic systems directly and the seeds and plants can detect and use this energy for their development.

Introduction

Story: I remember a New Year custom in the times I was a little kid. On the New Year's Day, my mom used to put a handful of wheat seeds on a layer of cotton ... on a small plate and asked us to water it daily. If the seeds germinated and grew nice green grass, it was a sign that the New Year will be prosperous. I suppose this is a common custom in many agrarian societies.

With this memory in mind, I decided to do a small Reiki experiment. I knew that Reiki would influence seed germination, but I wanted to show this to other people too. So, I decided to take pictures of my experiment daily.

Plants are complex multi-cellular organisms considered as sensitive as humans to different types of energy. Sound is known to affect the seed germination. Sometimes seeds are treated with ultrasounds in order to speed up the germination process. Music has a known effect on plant vitality. Mozart's music has a benefic effect on plant growth, while heavy metal music may damage them. Many plant lovers know that talking daily to their plants can help them grow healthy. In the last decade there have been a few scientific studies on the effect of healing

energy on the seed germination and plant growth. Unfortunately, these studies do not have a wide popularity!

The experiment

I took three saucers that were the closest thing to Petri dishes I found in the house. I placed a small sticker with numbers from 1 to 3 on the dishes. I laid a rectangular cotton pad (the kind ladies use to remove make-up) in each of the saucers.

I took some wheatgrass seeds (counted three groups of 100 wheat seeds) without making any selection, and placed them randomly on the three pads. I added enough water to moist the pads, without covering the seeds.

I then placed the three dishes on a windowsill next to each other, in ascending order from left to right. This arrangement was meant to ensure identical light and temperature conditions to all three lots. At this point I took the first picture.

I gave equal quantities of water to all three saucers, three times a day, in order to maintain identical humidity conditions to all of them. I used tap water filtered through a Nikken counter-top filter.

In order to give Reiki to a saucer, I would take that saucer and put it on a nearby table and give Reiki to it for 5 minutes at a time. I placed my hands on each side of the dish, without touching it, and gave Reiki without using any Reiki symbol, meditating, or setting up a certain intention. At the end of the session, I placed the dish back on the same spot by the window. Every morning and evening I would give Reiki to the seeds in the first lot, and every noon to the ones in the second lot. I never gave Reiki to the seeds in the third lot.

I took a picture every afternoon/evening. I wasn't able to go by the same schedule for the pictures everyday, but the changes were so slow that this did not make any difference.

After three days, because the size of the seeds was increasing due to their humidity and they had started to fall off the pads, I replaced the rectangular pads with bigger, circular ones. None of the seeds had started to germinate at that point in time.

After 20 days, when it became obvious that the plant growth had hit a plateau, I stopped the experiment. I took all the seeds and plants from the saucers and placed them on three paper towels to dry them off. Then I measured and counted them. I also took a picture of each lot of seeds placed on a sheet of paper.

Continued on page 8

THE EFFECT OF REIKI ENERGY ON SEED GERMINATION

Continued from page 7

Visual Observation



Days 1, 2 and 3



Days 4, 5 and 6



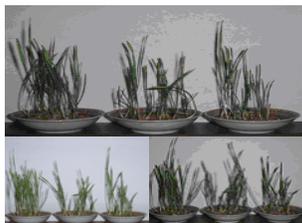
Days 7, 8 and 9



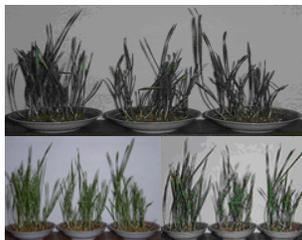
Days 10, 11 and 12



Days 13, 14 and 15



Days 16, 17 and 18



Days 19, 20 and 21



The pictures on the left were taken every day. Due to the fact that the seeds germination process was so slow and the daily changes were not visible enough, only one out of the three pictures is displayed bigger.

It is easy to see in all pictures that the largest number of germinated seeds and plants are in lot 1 which was treated twice a day with Reiki, followed by lot 2 was treated only once a day and lot 3 which was never treated with Reiki.

Another evident thing is the fact that the average height of the plants in lot 1 is visibly bigger than the average height in the other two. The plants in the lot 2 have almost the same average height as the ones from lot 3 - the control lot.

Comparing the successive photos, it is visible that the growth speed of the plants in lot 1 is higher than the other two, and that the plants in lot 3 are the slowest to grow.

Another easy to observe fact is that on both the second and the third lots, the plants are more developed on the left side than on the right side, despite the uniformity of conditions.

Also, if we compare the last four pictures, it is visible the fact that after the 18th day the plants stopped growing visibly. At this point I decided to put an end to the experiment.

The following pictures were taken two days after the end of the experiment.



Lot 3

Lot 2

Lot 1

In these pictures the plants from each lot are placed in descending order of their height, from left to right, on a lined paper. The non-germinated seeds from each lot are placed in columns of 10 on the same paper.

The lot treated with Reiki twice a day (lot 1) is displayed at the top, followed by lot treated only once a day (lot 2), and the lot which never received a Reiki session (lot 3).

Some of the observations made during the experiment are even more evident on these pictures. The most evident things the influence of Reiki had on the number of germinated seeds and the average height of the plants.

Continued on page 9

THE EFFECT OF REIKI ENERGY ON SEED GERMINATION

Continued from page 8

Statistics

The visual observations are confirmed by statistic methods applied to the three lots.

Function	Lot 1		Lot 2		Lot 3	
	Value [cm]	Variation [%]	Value [cm]	Variation [%]	Value [cm]	Variation [%]
Number of plants	56	47%	50	32%	38	N/A
Max height	23	0%	21	-9%	23	N/A
Min height	0	N/A	0	N/A	0	N/A
Average height	10.68	34%	7.90	-1%	7.95	N/A
Median height	12	50%	8	0	8	N/A
Standard height						
Deviation	5.51	0%	5.35	-2%	5.49	N/A

The total numbers of plants, so the number of germinated seeds in the three lots, presents a large variation from lot to lot. The number of germinated seeds in the control lot is 38 out of 100. The number of germinated seeds in lot number 2 is 50 out of 100, 32% more than in the control lot, while the number of germinated seeds in lot number 1 is 56 out of 100, 47% more than in the control lot.

The maximum height of the plants in the three lots is sensibly equal: 23, 22 and 23. If we correlate this with the fact that in the last two days of the experiment there wasn't a significant increase in plant height, this number reflects the maximum potential of plant growth in the given conditions.

Since we had non-germinated seeds in all three lots, the minimum height in all three lots is 0.

The average height of the plants in the three lots is: 10.68 cm, 7.90 cm and 7.95 cm, which correlate with the median point of the samples in the three lots: 12 cm, 8 cm and 8 cm. This means that even though the number of plants is bigger in the second lot compared to the control lot, the small amount of Reiki given to the second lot was not enough to increase the growth speed of the plants in that lot. The growth speed is significantly increased in the first lot.

The standard deviation of the height of the plants in all three is similar: 5.51 cm, 5.35 cm and 5.49 cm. This reflects the fact that the three lots are relatively uniform.

Conclusion

The first and the most important conclusion of this experiment is that the Reiki energy produces an important increase in the number of germinated seeds. This can be explained by the increase in the vital energy of the seeds, following the Reiki mini-sessions.

The second conclusion is that the Reiki energy contributes to a faster growth of the plants. As we know, all a biologic system needs for development is energy. Usually, it takes it from the seed in the beginning, and from the air, water, and soil after that. In this case, a portion of the necessary energy was provided during the Reiki sessions.

A third conclusion is that the Reiki energy was absorbed evenly by all the seeds and plants, and this is reflected in the uniformity of the three lots (same standard deviation). The fact that not all the seeds sprouted in the two treated lots is due to the fact that, in some cases, the additional energy was not enough to reach the threshold were the seeds are able to germinate. Given a bigger amount of Reiki energy, those seeds would probably germinate, but this remains to be proven.

A fourth conclusion is that the amount of Reiki given to the seeds made a difference, both in the number of sprouted seeds and in the vitality of the small plants. There was not enough evidence to determine the type of dependence developed in the seeds on the total duration of Reiki sessions, and it is possible that this dependence to reach a plateau after a certain amount of Reiki sessions.

A fifth conclusion is that the maximum height of the plants was not affected by the Reiki energy or the amount of Reiki energy. This was to be expected, because all the Reiki energy does is make the plants reach their true potential, which was genetically written in their seeds.

The sixth conclusion is that the Reiki energy cannot be contained in an enclosed space, but it is irradiating around that space, creating a gradient of energy. The non-treated plants in the control lot benefited from the Reiki energy given to their neighbors, creating the uneven height of the plants in the control lot.

Because of that last conclusion, in future experiments and for more accurate results, the identical light and temperature conditions have to be created without placing the plants in each other's proximity.

Dorinel Patriche, P.Eng., RT-CRA

This article can be view at:

<http://reiki-do.ca/reiki-do.ca/wp/en/?p=120>

CANADIAN REIKI ASSOCIATION YTB FUNDRAISER

Late last year the CRA introduced a fundraising program to increase revenue for the association. The suggestion to take on the challenge of a fundraiser came from Oscar Mandap, the CRA's Certified Chartered Accountant. He felt that although we are finally out of the red we are not growing or moving forward financially as he would like us to be. I hesitated to suggest that we increase membership fees to improve revenue during these financially troubled times. The Board was challenged to procure an idea that would not only financially serve the CRA but where all members can work together in a group setting or individually promoting our fundraiser.

Late last year I was approached by an affiliate member of YTB. I listened to the presentation of what this company has to offer and what it will do for the Canadian Reiki Association. It certainly did meet the criteria of what the Association needed. We are such a diverse group and our membership base is from coast to coast. This program definitely would meet our needs.

The following is a recap about the company and the concept and what YTB (Your Travel Biz) can do for the association and possibly for you personally.

YTB is two businesses with one incredible idea. First there is YTB Travel Network Canada and then ytb.com Canada. It is an American based company founded in the year 2001. In the year 2007 YTB was rated by Travel Weekly as the 37th largest travel company in the world. Travel Weekly's Power List of 2008 now ranks YTB as 26th of the World's Largest Travel Company. It is a publicly traded company with a staff of over 300 employees and an office space of 120,000 sq. feet. They brought the company to Canada in February 2008 and have exceeded their expectations of growth in such a short period of time.

YTB is a virtual based travel/shopping internet business. By joining YTB and in our case, it immediately makes the CRA a "Travel Affiliate" and with ownership of a Travel & Marketing site. It works on the same premise as Expedia, Travelocity and Orbitz. The exception is that we offer far more than the other internet travel sites.

To truly understand what our site has to offer you need to visit www.cratravels.ca.

You will see that **anyone** who visits this site will be able to book whatever their travels needs are, from flights, hotels, car rentals, golf tee times, excursions, resorts, packages and cruises.

What the other sites do not offer and what we do :

A Free Bridal Registry Package: The engaged couple would receive a web page to write their own story and inform every one of their honeymoon plans. Now family and friends have an opportunity to make their honeymoon a dream vacation by purchasing special dinners, massages, excursions or maybe the hotel and flight for the couple.

A brand new addition to the site is the Anniversary Registry. It is the same concept as the Bridal Registry. If you missed out on a honeymoon the first time, now is the chance to have one or plan one for your parents. What a great gift.

Then there is the Concierge where you can send flowers and gift baskets across the country. Next there is an area to buy tickets at the Best Prices for attractions, book tickets for indoor and outdoor events, then for your transportation needs. What about a reservation for dining while on vacation? The list just goes on.

Are you looking for tickets for a special concert or sporting event? Our site has that to offer as well. I checked it out for one event and found it had better availability and seating location than the other well-known web ticket site for the same date and time of the event.

Brand new to YTB is Aisle 19

Aisle 19 works with retail consolidators to offer cash back to their customers. The portal retailer's offer to us is free, but you must be invited by another Aisle 19 customer to sign up for your own. You will receive your invitation from the CRA. Once you have received your invitation you will be able to invite your family and friends to join as well.

This exciting new strategic alliance will allow us to expand our client base and earn commission on millions of products! Through Aisle 19, customers will gain access to over 600 stores, and it is growing every day now with Canadian Stores.

\$6,000.00 Guarantee

Another new exciting offer with YTB is the **\$6,000.00 Guarantee**. We will be sending out 25 DVDs a month to our members. The DVD has information about the travel

Continued on page 11

CANADIAN REIKI ASSOCIATION YTB FUNDRAISER

Continued from page 10

and marketing site. YTB guarantees that if we do not earn at least \$6,000.00 in commissions they promise to pay the difference. What do we have to lose?? I will be going through the membership data-base but if you would like to receive yours sooner please contact reiki@reiki.ca.

The CRA will earn **60% on all commissions** made through our site at www.cratravels.ca and I hope you now can understand how we can all play a part in this endeavour. We want to be able to take the CRA to new heights where we can offer more to our members than ever before.

Does this concept inspire your entrepreneurial juices? Many among us want to work their Reiki Practice full-time but just don't have the financial ability to do so. This may be your key to continue your dream. You will also have the ability to travel as an insider and earn 60% of the commission on your trips and purchases. Visit our sites at www.growingwiththecra.ca or www.ytbup.ca. It may just be the fit for you or it may not but watch the clip to learn if it is something that resonates with you. We have a strong base for training and support with our team and connections with YTB. You will not be alone if you choose to join the team.

This is a large undertaking for the Association and with our effort we will succeed in our goal to make the Canadian Reiki Association financially healthy.

In the coming months we will be keeping our members up to date by sending emails and notices so you can share this information with all your family and friends.

Peace and Wellbeing,

Bonnie Smith
President

AN INTRODUCTION TO REIKI AS A HEALING MODALITY

Continued from page 5

[\[vii\]](#) *First Person: Mrs. Takata Tells Her Story*— a series of recorded interviews with John Harvey Gray, published in [Reiki Magazine International](#) (Feb.2000 issue, p. 9 and June 2000 issue, p.9).

[\[viii\]](#) *Reiki Magazine International* (March 2001), p.40

[\[ix\]](#) *Reaping Reiki's Benefits* (April 2006). E-article in: www.drweilselfhealing.com

[\[x\]](#) *ibid*

[\[xi\]](#) *What the Doctor Ordered*— feature article in *Reiki Magazine International* (March, 2000), p.27

[\[xii\]](#) *Miracle in Seattle*— feature story of stroke recovery in *Reiki Magazine International* (March 2001), p.24

[\[xiii\]](#) Miles, Pamela. *Reiki: A Comprehensive Guide* (New York). Penguin Group, 2006., p.73

[\[xiv\]](#) Canadian Reiki Association, *What is Reiki* (info pamphlet), 2007.

[\[xv\]](#) Traditional Usui Reiki protocol emphasizes self-treatment prior to treatment on others. See more on treatment protocols in: [Reiki: A Comprehensive Guide](#) by Pamela Miles, New York: Penguin Group, 2006 (see pages 82-115).

RAISE YOUR REIKI ENERGY LEVEL

By Jennifer Thibodeau

As Reiki practitioners or teachers, one of our goals is to raise our own Reiki energy level. By doing this, we become a better Reiki channel and we bring ourselves closer to the ultimate objective of Reiki, which is absolute inner peace or "Anshin Ritsumei", in the words of Usui Sensei. The *Komyo Reiki Kai* First Degree manual suggests we can achieve this by doing the following:

Keep striving to cultivate your mind and spirituality.

- Receive Reiju (attunement) as often as possible.
- Do a daily Gassho meditation before bed and after rising for about 15 – 30 minutes.

These three things can be integrated into your life, and there are many different ways to do this.

Continued on page 13

September 25 ~ 27, 2009 Jikiden Reiki Seminars

Date: September 25~27, 2009
Location: Listel Hotel on Robson St
Vancouver, BC
Teacher: Tadao Yamaguchi
(with English translator)
Cost: \$775 (Shoden & Okuden)

What is Jikiden Reiki

Jikiden means "directly passed down", because Mr. Yamaguchi has been teaching what his mother Chiyoko had learned directly from Dr. Chujiro Hayashi in 1930s.

Since 2004, Jikiden Reiki started to hold seminars overseas. We have visited Germany, England, Hong Kong, France, US, Canada, Korea, Spain, Portugal, Sweden and Scotland.

For more info and
Registration

in English / Japanese
Mari Okazaki
(Jikiden Reiki Shihan, RP-CRA)
Phone: 604-703-8098
or himawarimari@telus.net
www.jikidenreikiwithmari.com

直傳靈氣

Jikiden Reiki

CANADIAN REIKI ASSOCIATION LUNCHEON

The Canadian Reiki Association hosted a luncheon for members on January 12th in Mississauga at the Canyon Creek Restaurant. This was the result of a survey completed by members who expressed a desire to have a luncheon where they could network and share their stories.

Our guest speaker was Bob Thomas of Mindful Matters and YTB. With the aid of a power point presentation he informed our group in detail of what The CRA Fundraiser with YTB has to offer. Our Fundraiser has huge potential to help the association grow financially. Bob also discussed the added on bonuses of what this site has to offer besides travel. The benefits the Canadian Reiki Association will receive from the www.cratravel.ca site are commissions of 60% on all purchases made when members, their friends and families make purchases from this website. Bob also explained in detail how we personally could join YTB and make/earn an additional income for our business. YTB now has a \$6,000.00 guarantee for its Referring Travel Affiliates. If you would like to learn more please go to www.growingwiththecra.ca or our team website at www.ytbup.com. You may also contact Bonnie Smith at www.soulsjourney.ca if you would like further information.



I would like to thank Bob for taking time out of his busy schedule to join us and share this very important information with our group.

We had an excellent turnout, and I would like to thank all those who joined us. As this was the first get together,



we have a better idea on how to plan the next event. I would like to thank the staff of Canyon Creek. The meal was fabulous and the staff handled all of our needs with the utmost professionalism. Finally, I would like to

thank our Director Louise Vigneault for hosting this enjoyable event.

Our next CRA Luncheon will be held on April 27th, 2008. Time and location TBA.

Many Blessings,

Bonnie Smith
President

MASSAGE TABLES

Please see the following on the tables. They are available through our Corporate Store for \$230.00 at www.reiki.ca/store.htm.

MASSAGE TABLES

- Elongated, ergonomic 6 way adjustable face cradle and a cushion designed to fit your face with extreme comfort
- Solid platform, deluxe adjustable arm rest
- Raised front table brace
- 3 inch memory foam with CFC-free upholstery
- Solid hardwood frame and legs
- Weighs 35 wide mattresses
- 24" - 34" (adjustable)
- 70" long (bed only), 82" (overall with face cradle)
- Cream, brown and black models
- Deluxe case included!



Colours and styles will vary

The CRA is pleased to announce that it has entered into an agreement with a distributor of Master Massage Tables that will enable you to purchase a beautiful, quality portable massage table at an excellent price for your Reiki practice and/or other needs.

All tables are brand new but have a small mark (eg. scratch, cut, scrape) as a result of shipping, which has greatly reduced the price.

These completely portable, professional tables all have a solid wood base (exclusive Northern Hardwood coated legs with a triple-coated DuraSeal protection) and a multi-layered Small Cell™ memory foam mattress.

All tables are 6 feet in length with the deluxe face cradle and cushion extending it to 7 feet. They'll hold all body weights and sizes, adjust in height and are fully guaranteed.

The tables are shipped via FedEx and will arrive promptly after your order is placed.

When mortals are alive,
they worry about death.
When they're full, they worry about hunger.
Theirs is the Great Uncertainty.

But sages don't consider the past.
And they don't worry about the future.
Nor do they cling to the present.
And from moment to moment
they follow the Way.

By: Bodhidharma

RAISE YOUR REIKI ENERGY LEVEL

Continued from page 11

1, "Keep striving to cultivate your mind and spirituality."

I think this works well with the Reiki precept 'Today only... work diligently.' This precept does not relate so much to employment and such endeavours, but rather to the work we do to become better Reiki practitioners and teachers. We do this by cultivating our mind and spirituality, which can be achieved by reading books that increase our knowledge of Reiki healing, watching television and films that inform and uplift us, and by living the best possible way we can.

We are lucky to live in the Information Age, when we have unprecedented access to many forms of knowledge. A few months of reading and research can now garner the same amount of knowledge that once took a lifetime to achieve.

2, "Receive Reiju (attunement) as often as possible."

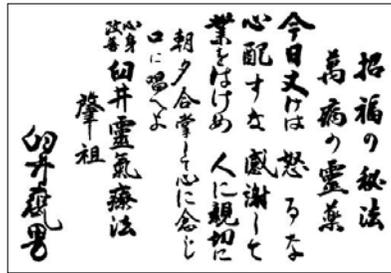
Unlike numbers one and three, we cannot do number two on our own – we need a Reiki teacher in order to receive an attunement. We can do this in a couple ways. The first is to take a Reiki class, and receive Reiju as part of the lesson. The second is to attend Reiki shares or student practice nights. At these the Reiki teacher(s) present will usually give an attunement to anyone who is interested in receiving it. This is known as an Open Reiju. Reiki lineage does not matter, you can receive an attunement from someone who is not your teacher, and you do not need to be a Reiki student to receive this attunement.

3. "Do a daily Gassho meditation before bed and after rising for about 15 – 30 minutes."

This stems from Usui Sensei's advice to his students, recorded in the Usui Reiki Ryoho Kyogi

Usui Reiki Ryoho Kyogi (Teaching Principles)

- a) 心身改善: Mind/Body Improvement
- b) 臼井靈氣療法: Usui Reiki Healing Art
- c) 教義: Teachings (Principles)
- d) 招福の秘法: Mystic art to invite happiness
- e) 萬病の靈藥: Miraculous medicine to cure all diseases.
- f) 今日丈けは: Today only
- g) 怒るな: Do not anger
- h) 心配すな: Do not worry
- i) 感謝して: With thankfulness
- j) 業をはげめ: Work diligently
- k) 人に親切に: Be kind to others
- l) 朝夕: Morning and evening
- m) 合掌して: Doing Gassho
- n) 心に念じ: In mind bearing
- o) 口に唱へよ: With mouth chant



Usui Reiki Ryoho Kyogi (Teaching Principles)

(Translated by Hyakuten Inamoto)

Usui Sensei told his students to meditate morning and evening on the Five Precepts. Meditation is a key element of a Reiki practitioner or teacher's quest for Anshin Ritsumei. Unfortunately for most Westerners, meditation is not something we are introduced to in our childhood. I was no different, and did not learn about meditation or try to do it until I was in my twenties.



My first meditation teacher.

There are numerous ways for us to learn to meditate. Anapanasati is a simple meditation based on counting your breaths. Count each breath on the inhalation and the exhalation, and count to five. Then go back to one and count to six. Continue this until you have reached ten, then return to one to five. Visually, it looks like this.

- a) 1-1, 2-2, 3-3, 4-4, 5-5
- b) 1-1, 2-2, 3-3, 4-4, 5-5, 6-6
- c) 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7
- d) 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8
- e) 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8, 9-9
- f) 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8, 9-9, 10-10

If a thought comes to mind, just return to your counting. If you lose track of which number you are on, return to the first sequence. Continue counting your breaths until you do not lose count, and when you find you can do so, you can stop counting and just focus on your breathing.

Another meditation method is to repeat a word over and over. 'Peace' or 'love' are good examples. This is easier for beginners as it allows them something to think of, rather than the daunting challenge of ceasing all thought.

Continued on page 14

RAISE YOUR REIKI ENERGY LEVEL

Continued from page 13

Technology can help us build our meditation practice as well. I recently found a number of Podcasts that offer guided meditation. The quickest way to access these is to download iTunes, go to the iTunes store, click on Podcasts, click on Health, click on Alternative Health, and browse through the selection to find the Podcast(s) that work best for you. If you are not computer savvy, but are still interested in Podcasts on meditation, ask a friend or family member to help you out. There is also a Reiki Podcast series created by Bronwen and Frans Stiene which may be of interest, have a look for it.

Large cities in Canada often have meditation groups that hold meetings and workshops on meditations. This can be a good way to meet new people and learn some new techniques.

Most importantly, remember that there are no 'mistakes' in meditation. Whatever you are able to do (no matter how brief or disjointed you may feel your meditation abilities are) is fine. Meditation is not about achieving perfection or erasing all thoughts, it is simply a practice that takes you away from the world of duality (good/bad, black/white, desirable/undesirable) into moments of mindfulness and awareness.

By working on cultivating your mind and spirituality, getting attunements whenever possible, and adding meditation to your daily routine, you will find yourself living a more calm and peaceful life, and you'll raise your Reiki energy levels as well.

Jennifer Thibodeau B.A., B.Ed., is a Reiki teacher and practitioner in Surrey, B.C., and a new member of the Vancouver Zen Group. Her teacher is Hyakuten Inamoto, founder of Komyo Reiki Kai. She lived in Japan for five years, and studied traditional Japanese Reiki in Kyoto, the birthplace of Reiki. Her website is www.mountainskyreiki.com.

YOU AND THE PRIVACY ACT – IT'S THE LAW

Did you know that we had to have a privacy policy if we work with the public?

I didn't.

It was only after taking a local business course that I found out about this privacy act. The federal government enacted this legislation in 2004 as a way of protecting the collection of personal information that we gather on our clients.



All the material on the Canadian Reiki Association and the Client Information form is confidential and by law, needs to be kept under lock and key.

Our Doctors [modern medicine, chiropractor, naturopaths, homeopaths, osteopaths] are required to follow this legislation, as are registered massage therapists, as do banks, insurance companies, car companies, internet providers and so on. It seems that we mind body and spirit practitioners for some reason are out of the loop, we normally don't have these policies.

It is the same with liability insurance; some practitioners don't have it, as their modality of choice is not strenuous, and they do not manipulate or in any way are harmful, so why have insurance? Having insurance and a privacy policy is important because it lends credibility to us, the practitioner, and to our Association.

Given that science – that gold standard, to which all things are measured, has not really found a way to dissect Reiki into something explainable, why give the general public another opportunity to not take our modality seriously. In short a privacy policy would show your client and the general public that you are a professional and you want to be thought of as such.

The following is a brief overview of what a privacy policy is all about. For a more detailed study go to this federal government—www.privcom.gc.ca.

And yes, I do have a privacy policy which can be viewed online at www.a-w-etherapies.ca.

Lorinda Weatherall is a Registered Teacher with the Canadian Reiki Association. She has a thriving holistic practice in Barrie, ON.

Canadian Federation of Independent Business Privacy Legislation

Compliance guidelines for your business
D-IN0530-0312(213)

Does this apply to me? ...YES!

The federal **Personal Information Protection and Electronic Documents Act** comes into effect on January 1, 2004. As a result, **all** businesses are subject to new stringent guidelines regarding the collection, storage and disclosure of private and personal information collected on individuals. Failure to comply with the Act can result in lawsuits and the awarding of punitive damages.

Continued on page 15

YOU AND THE PRIVACY ACT – IT'S THE LAW

Continued from page 14

Businesses located in Quebec are already regulated under provincial privacy legislation (for information on Quebec's legislation go to the website for La Commission d'accès à l'information du Québec <http://www.cai.gouv.qc.ca/>). The following is a brief outline of how the privacy legislation affects your business:

WHAT IS PERSONAL INFORMATION?

The Privacy legislation defines personal information as: age, name, weight, height, medical records, ID numbers, income, ethnic origin, blood type, opinions, evaluations, comments, social status, employee files, disciplinary action, credit records, loan records, existence of a dispute between a consumer and a merchant and intentions (for example, to acquire goods or services, or change jobs.)

WHAT THE ACT COVERS

Accountability: The Act states that organizations must have a documented Privacy policy, and appoint an internal Privacy Expert/Commissioner who is knowledgeable about the legislation and able to train persons who will be collecting, using, or disclosing personal information.

Identification of Purposes: Individuals must be informed of the purpose for the collection, and how the information might be used or disclosed to other outside organizations.

Consent: There are three types of consent that can be used, A. Express Consent/Permission (Opt-in), B. Negative Option (Opt-out), and C. Implied Consent.

Information of a more sensitive nature (health, medical, financial) will require stronger methods of obtaining consent (Please refer to the Privacy Commissioner web site for a detailed description of these options.)

Limiting Collection: Gather only the information that is necessary for the identified purposes.

Limit Use, Disclosure, and Retention: Personal information must only be used for the purposes for which consent has been given. Only keep the information for as long as it is necessary.

Accuracy: Personal Information should be accurate. Processes/procedures must be put in place for persons to flag and rectify inaccuracies in their own personal information.

Safeguards: Measures must be taken to ensure that personal information is secured, such as locked cabinets, electronic firewalls, and limited staff access.

Openness: Privacy policies and practices should be available in a public document or web site.

Individual Access: Ability to inform individuals how their information was collected, used and disclosed, including a list of with whom their information has been shared.

Provide Recourse: Privacy policies should describe complaint resolution procedures.

COMPLIANCE TIPS:

- Obtain consent when collecting personal information from a customer. Consent can be obtained in person, by phone, by mail, by fax or via the Internet.
- Make sure clients fully understand how their information will be used.
- Define your purposes for collecting data as clearly and narrowly as possible. This allows less data to be collected.
- Limit who has access to personal information.
- Protect personal information against loss or theft. Store it in a locked cabinet, using a program that only a few employees have access to, use an encryption program for electronic data, use passwords on files.
- Let the customer know why you need to collect the data.
- Inform customers, clients and employees that you have policies and practices for the management of personal information. Make these policies available and easy to understand.
- Develop customer complaint procedures and investigate all complaints received.

WHAT THE ACT DOESN'T COVER

- The Collection, use or disclosure of personal information by federal government organizations listed in the Privacy Act;
- Provincial or territorial governments and their agents;
- An employee's name, title, business address or telephone number;
- An individual's collection, use or disclosure of personal information strictly for personal purposes (e.g. personal greeting card list); and,
- The collection, use or disclosure of personal information solely for journalistic, artistic or literary purposes.

Continued on page 16

YOU AND THE PRIVACY ACT – IT'S THE LAW

Continued from page 15

WHERE TO GET MORE INFORMATION

For up to date announcements and useful links to privacy related sites please reference the CFIB Privacy page on the National Affairs website: <http://www.cfib.ca/legis/national/Privacy.asp>

To access the official documents or to receive more detailed information on the issue please refer to Resource Centre on the Privacy Commissioner of Canada's website <http://www.privcom.gc.ca> or call **1-800-282-1376**.

PROVINCIAL LEGISLATION

The federal privacy legislation meets international requirements allowing Canadian firms to do business internationally. Although the federal Act covers all organizations across Canada, some provinces have decided to draft legislation which exceeds the scope of the federal legislation. Currently only Quebec has passed private sector privacy legislation, however legislation is in the works for Ontario, British Columbia and Alberta.

Quebec

La Commission d'accès à l'information du Québec

<http://www.cai.gouv.qc.ca/> or call toll free **1-888-528-7741**.

Privacy Questionnaire (from the Privacy Commissioner's website)

The following are some common sense questions you can use to help your organization implement the Personal Information Protection and Electronic Documents Act. The questionnaire may be used along with the description of the Act in this guide.

If you are unsure about whether or when the Act applies to your organization, please refer to the section is your organization subject to the ACT of this guide.

Not all of the following questions will apply to all organizations, as the Act applies to a wide variety and size of organizations. Consider each question along with your organization's current practices. Answering "no" indicates areas that need to be addressed or improved.

Here's the link: <http://www.cfib.ca/legis/national/pdf/5197.pdf>

*"Reiki Vibes Heartwarming Stories is coming soon!
Available this Spring on www.reikivibes.com"*

Photo credit: Jannice Laurson

Reiki Masters Tania Bakas and Tracy Lydiatt, bring you a collection of heart warming, inspiring stories about Reiki.

Witness the human spirit's ability to give and receive the loving, healing benefits of Reiki. Stories are contributed by Reiki practitioners from around the Globe, all committed to sharing the love, light and benefits of their Reiki experiences with the world.

Tania Bakas and Tracy Lydiatt

Trafford PUBLISHING

REIKI SHARES & EXCHANGES

BRITISH COLUMBIA

Burnaby

Canadian Reiki Association Exchange

1st Saturday of the month from 1:30 to 4:30 pm
Nikkei Japanese Heritage Centre
6688 Southoaks Crescent

Donation: \$5

Comments: All levels of Reiki are invited. Newcomers are welcome. Come and try out Reiki. We begin with a meditation and Reiju Empowerment for anyone who would like to participate.

Contact: Judy Cain, RP-CRA, 604.525.1764

Email: reiki@reiki.ca

Coquitlam

The Tri-Cities Reiki Exchange

2nd Friday of the month (generally) from 7:00-10:00 pm
Doors close at 7:15 pm

Location: Aura Wellness Centre in Coquitlam

Donation: \$2

Comments: It is open to all who would like to experience a 15-minute sample session of Reiki & connect with like-minded people. For those of you who do not have Reiki, a Light Empowerment is offered so that you can experience working with the energy for the evening. The exchange is on-going & year-round. Remember to bring your CRA CEU Form so I can sign off on your practicum hours. Limited space so book early. Free parking. Please call Lyn for more details or see our website for dates.

Contact: Lyn Ayre, RT-CRA, 604.524.8565

Email: LynAyre@telus.net

www.LynAyre.com

Langley

The Q Healing Centre Reiki Share

1st Friday of each month from 7:00 - 9:30 pm
The Q Healing Centre 20443 Fraser Hwy

Cost: by donation

Who is welcome: Everyone welcome - newcomers, students and all levels of Reiki.

Comments: This event is hosted by Virginia Smith of Harmony Healing. We begin with a guided meditation and an Empowerment for those who wish to receive. We spend the rest of the evening exchanging Reiki. Please remember to bring water. For those who are working on your practicum, bring your CEU forms.

Contact: Virginia Smith 604-574-9974 or v_smith@telus.net or Mary at The Q 604-533-7303

Nanaimo

Reiki Healing Night

Last Wednesday of the month from 5:00 to 7:00 pm
The date varies.

Location: Please email for details.

Comments: Reiki practice night for all levels. Meet and share Reiki energy with other healers. Newcomers are welcome. Come and try Reiki.

Contact: Junko Kawabata, RP-CRA

Phone: 250.758.6190

Email: junkomassage@hotmail.com

Richmond

3rd Friday of the month from 7:00 to 9:00 pm

Donation: \$5.00

Comments: This is an opportunity to share our experience & discoveries, and to receive further coaching if necessary. Meditation and Healing open to all Reiki Levels. Please call or email that you are attending.

Contact: Claudette, RT-CRA, 604.275.7774

Email: wingdove@telus.net

www.wingsofdove.ca

Vancouver Reiki Share

Date: Every 3rd Tuesday of the month

Location: Knight St. & Kingsway area, Vancouver (exact address given to attending members)

Time: 7:00 to 9:30 pm

Cost: \$2.00 suggested donation

Who Is Welcome: Reiki Level 1 and higher, plus all paths of Reiki

Comments: We will focus on sharing stories and techniques, discuss problems or issues, give support and suggestions and practice Reiki through one-on-one or group healings. Join group through: www.reiki.meetup.com/369 (meetup.com site)

Contact: Margaret Jang, RT-CRA

www.onesourcelearn.com

Vancouver Skills Exchange

Dates: The 1st and 3rd Wednesday of the month from 10:00 to 1:00 pm. The 2nd and 4th Sunday of the month from 6:00 to 9:00 pm

Location: near 14th and Granville (address to be provided with RSVP)

Admission: \$10

RSVP: The exchanges are limited to 5 people, please call or email to reserve a spot. Non-Reiki and Reiki Practitioners are welcome. For more information please contact Daniel.

Comments: The focus is on a skills exchange and developing our High Sense Perceptions while having fun. We will take turns giving, receiving and witnessing in a safe environment.

Contact: Daniel Shevchuk, RP-CRA

Tel: 604.216.5003

Email: daniel@findyourwayhome.ca

www.findyourwayhome.ca

ALBERTA

Calgary

Date: Every 3rd Sunday of the month from 3:00 to 9:00pm

Location: Contact info@templeofalexandria.com for address location or call (403) 272-1598

Cost: Drop in fee \$5.00

Who is welcomed: Every one

Comments: RSVP to info@templeofalexandria.com, or call (403) 272-1598

Contact: Lynn Holman RT-CRA

Continued on page 18

REIKI SHARES & EXCHANGES

Continued from page 17

ALBERTA con't

Canmore/Banff Area

Date: Every 3rd Thursday of the month in Canmore

Time: 7-9 at Canadian Rockies School Division.

Drop-in Fee: \$ 10.00 – register on-line

Comments: Open to everyone with First Degree Reiki and higher.

Note: Dates are subject to change (due to availability of spaces), please visit www.reiki-rocks.ca for up-to-date information.

Contact: Norja Vanderelst RT-CRA

Edmonton

Reiki Shares/Healing Circles

Held regularly on the last Monday of the month from 7:00 - 9:30 PM at

Location: 12221-54 Street.

Donation: \$5.00

All levels & lineages welcome

Comments: **RSVP** - e-mail or register at www.wholistichealth.ca ewg@telusplanet.net

Contact: Marianne Goetsch RT-CRA

Phone: 780-479-0620

SASKATCHEWAN

Saltcoats

1st Monday of the month from 7:00 to 9:00 pm
Serenity Now Therapy, 15 minutes from Yorkton

Donation: \$5.00

Comments: Every level welcome. Please call ahead to confirm attendance.

Contact: Pat Bjarnason RT-CRA

Phone: 306.744.8122

Saskatoon

Reiki Circles

2nd Tuesday of each month from 7:00 to 8:00 pm

Location: Aquamarine Healing Centre, 522 Duchess St

Donation: \$5.00 off sets the cost of cups & water

Comments: Reiki Level 1 is required to be a part of our share. We ask interested Reiki people to contact us if you are interested in joining us.

Contact: Darlene McGrath, RT-CRA

Phone: 306.933.2800

Email: darlenemcgrath@sasktel.net

MANITOBA

Brandon

Reiki Shares / Healing Circles

Held regularly every 2nd month

Donation: Voluntary donations accepted to cover expenses for the evening.

Comments: For Practitioners, Teachers and their invited guests. Call or email for dates and additional information.

Contact: Shelly, RT-CRA,

Phone: 204.724.6855

Email: mayers@mts.net

Make your own recovery the first priority in your life.
— Robin Norwood

ONTARIO

Allenford

Down to Earth

October to April—on the 3rd Sunday of the month from 1:00 to 3:00 pm and from May to September on the 4th Monday from 7:00 to 9:00 pm

Location: 7745 Highway 21

Donation: donations accepted

Comments: Call or e-mail one day prior to share to let us know you are coming.

Contact: Lorraine Noseworthy, RT-CRA or Wade Noseworthy

Phone: 519.934.0004 or cell 519.270.7782

Email: togs@gbtel.ca

Amherstburg

3rd Friday of every month at the Masonic Temple from 7:00 to 10 pm

Location: 68 Murray Street

We welcome all people for sample sessions.

Comments: All are welcome to come and experience Reiki. Open Reiju will be given to those who wish it.

Contact: Donna Hibbert

Phone: 519.736.2473

Barrie

Om Sweet Om

2nd Tuesday each month & the 4th Thursday (except December, July & August from 7:00 to 10:00 pm

Location: 250 Dunlop St W, 2nd Floor, Barrie

Donation: none

Comments: This share/exchange is open to all students of different teachers, & the general public

Contact: Lorinda Weatherall, RT-CRA

Phone: 705.818.6563

Email: bliss@a-w-etherapies.ca

www.a-w-etherapies.ca

Brampton

3rd Wednesday night of the month

Location: Kiwanis Youth Centre for Sports Excellence
247 McMurchy Avenue S, Brampton, ON

Comments: Those interested please call or email for details

Contact: Mark Brewer RT-CRA

Phone: 905.791.8320

Email: mark@reikitoronto.com

Burlington

2nd Tuesday of the month from 7:00 to 9:00 pm

Location: Breast Cancer Support Services (BCSS)

695 Brant Street

Park in the drive or across at the Post Office

Donation: \$5

Comments: Open to all Reiki levels & lineages. Tables are welcome, or bring a pillow & blanket. If you need practice for CEU's bring your Practicum form.

Registration is required due to space limitations.

Contact: Jo-Anne Stevens RT-CRA

Email: info@essentialwellnesscentre.com

Contact: Kerri Fargo B.A. RT-CRA

Email: info@circle-of-light.ca

Continued on page 19

REIKI SHARES & EXCHANGES

Continued from page 18

ONTARIO *con't*

Carlisle/Flamborough/Hamilton Reiki Share

3rd Thursday of every month from 7:00 to 9:30 pm
(Please view website www.circle-of-light.ca or e-mail for any updates or to find out about extra shares.)

Location: Carlisle Memorial Hall

273 Carlisle Rd Carlisle, ON L0R 1H2

Directions: For step by step driving directions go to www.mapquest.com Click on *Directions*. Input the above address into the *Ending Location* section.

Parking: available behind building

Donation: \$6.00

Who is invited: All levels of Reiki are welcome.

Comments: Come on out and give a treatment and receive a treatment! We will begin with a short meditation and Reiju empowerment for anyone who would like to participate. We will then exchange reiki treatments. Teas, and water available. Please bring a massage table if you have one or a pillow and a couple of blankets. Please RSVP if possible via phone or e-mail so I can co-ordinate enough tables for participants. For those students collecting CEU's to register with the CRA please bring your forms to have signed. You can download them from the CRA website. Thanks.

Contact: Kerri Fargo, B.A., RT-CRA

Phone: 905-690-8081

E-mail: info@circle-of-light.ca

Guelph Reiki Share

2nd Wednesday of the month from 7:00 to 10:00 pm

Location: Soul Connection, 12 Oakridge Crescent

Donation: \$5

Comments: Welcome Level One and higher.

You must call or email a day or two in advance of each Reiki Share to confirm your attendance and get directions on where to park.

Any changes to the Reiki Share will be posted on the Soul Connection calendar of the website at:

<http://www.soulconnection.ca/event>

The Reiki Share includes: snacks, a circle time to share insights and ask questions, guided mediation, group distance sending and 2 hours practice time towards CRA practicum.

Contact: Barbara McKell, RT-CRA

Phone: 519.823.2162

Email: barbara@soulconnection.ca

Guelph Learning and Sharing Reiki

Last Wednesday of Sept, Oct & Nov 2006

Location: Contact for location

Time: 6:30 to 8:30 pm

Donation: \$5 - \$10

All Reiki Practitioners welcome.

Comments: Hosted by 3 Reiki Masters

Contact: Anne Harauz, RT-CRA, 519.763.7566

Email: anne@spiritfilledhealing.net

Treat the other man's faith gently, it is
All he has to believe with. His mind was created
For his own thoughts, not yours or mine.
— Francis J Braceland

Holland Landing

Monthly Reiki Practice Group

2nd Sunday morning of the month from 10:00 am to 12:00 noon

Comments: Welcome are those with 1st degree Reiki or higher. No cost

Contact: Judy Watson, SM-CRA, 905.868.0804

Email: judy-wolf@rogers.com

Kingston

1st Tuesday of each month from 7:00—9:30 pm

Donation: \$10.00

Comments: Require an RSVP. Everyone is welcome! Anyone who has taken Reiki or would like to come and experience what Reiki is all about. Come to be treated, treat others, share Reiki stories or exchange new information about Reiki.

Contact: Judy Watson, SM-CRA, 905.868.0804

Email: judy-wolf@rogers.com

Kingston

1st Tuesday of each month from 7:00—9:30 pm

Donation: \$10.00

Comments: We require an RSVP. Everyone is welcome! Anyone who has taken Reiki or would like to come and experience what Reiki is all about. Come to be treated, treat others, share Reiki stories or exchange new information about Reiki.

Contact: Cheryl Hiebert, RT-CRA

Sacred Journeys Healing Arts Centre

Location: 654 Barnsley Cres, Kingston, ON K7M 8X4

Phone: 613.634.8220

Email: info@sacred-journeys.ca

www.sacred-journeys.ca

Kitchener

The 3rd Monday of the month from 7:00 to 9:30 pm
doors open at 6:30 pm

Location: Academy of Holistic Modalities inc (AHM)

460 Frederick Street, Unit 105

Donation: \$5 for AHM/CC students: & \$10 all others

Comments: All levels welcome. We begin the evening with a guided visualization/group healing, answer questions and share related experiences; move into hands-on where everyone gives and receives. After the share, for those who wish, refreshments are served/social time. Bring your CEU forms for signing.

Contact: Niki Klein

Phone: 519-745-5971

Email: aohm@rogers.com

Kitchener/Waterloo

Reiki Shares once a month

Time & Date: Email for a list of dates

Comments: Share, learn and experience Reiki. Have questions about Reiki? Would you like to experience a Reiki treatment? Would you like to share or practice with Reiki? Then please join us.

continued on page 20

REIKI SHARES & EXCHANGES

Continued from page 19

ONTARIO con't

Donation: \$5

Contact: Cindy Pearce

Email: cindy_pearce2002@yahoo.com
www.crystalrainbows.ca

London

Reiki Hands

When: 1st and 2nd Degrees ~ in general, the second Monday of each month, unless otherwise noted. 3rd Degree (ART) ~ in general, the fourth Monday of each month, unless otherwise noted. **(Please check the website for actual dates.)**

Place: Windsong Holistic Therapies, Whitehills London

Time: 7:00 to 9:00/9:30pm

Donation: \$5.00

Who is Invited: Any Reiki practitioner interested in group practice sessions is welcome to attend. At present, Reiki Hands is open to anyone who has completed Reiki 1st, 2nd or 3rd Degree (ART) training, regardless of lineage. Those who have not studied with me are requested to bring their highest degree Reiki certificate the first time they attend.

Comments: During each gathering (depending on the level of training), several things may happen: guided meditation; Reiju; Q&A session and discussion; distant sending as needed; exploring new techniques - and of course each session will include the opportunity to exchange Reiki treatments! For those students collecting CEU's for registration with the CRA, please bring your forms and I will be happy to sign them.

Further Information: Please visit the Windsong website (address below)

Contact: Susan Hay, RRPr, RT-CRA, ICRT

Email: windsong1@rogers.com

http://www.windsongtherapies.com/reiki_hands.htm

Newmarket

Waves Fitness and Lifestyle Centre

2nd Sunday of every month at 10 am

200 Davis Drive, Unit #1

Donation: \$5.00 suggested

Comments: All interested in Reiki - all practitioners any style of Reiki

Contact: Gill Skyvington

Phone: 905.967.1112

Email: gill@holisticpathways.net

Ottawa

Reiki in Action Share

Last Tuesday of the month starting January 27th from 6:30 to 9:00 pm

Location: James Street Wellness Centre, 20 James Street, 2nd Floor

Cost/Donation: \$12

Comments: Open to all levels. Join us to give or receive Reiki. There will be a short guided meditation to open. Please RSVP in order for us to plan tables.

Contact: Catherine Bastedo

Phone: 819.778.2590

Email: cbastedo@visionreiki.com

www.visionreiki.com or www.juliedesmarais.ca

Perth

Date: The last Thursday of the month

Time: 7:00 to 9:00pm

Location: 30-C North Street, Perth

Donation: Free. Proceeds to Make a Wish Foundation

Comments: Everyone welcome! Includes group meditation and Reiki exchanges.

Contact: Denise Carpenter RT-CRA

Phone: 613.264.8165

www.reikiassociates.com

Email: denise@reikiassociates.com

Reiki Share in Toronto

3rd Saturday of each month (except December)

Location: Intersection: Mt Pleasant & Eglinton Ave East - Contact Claudia for directions

Time: 2:00 to 5:00 pm

Cost/Donation: \$5 (includes beverages/snacks)

Who is welcome: All Reiki practitioners welcome.

Comments: Please RSVP via phone or e-mail as space is limited to 10 participants. We will begin with a short meditation and then we will exchange reiki treatments. Claudia will teach Japanese Reiki Techniques for those who are interested. Bring CEUs' forms to have signed if you are collecting hours to register with the CRA.

Contact: Claudia Bertotto, RT-CRA - Usui/Karuna Reiki Master Teacher

Phone: 416.519.5161

Email: claudiabertotto@yahoo.com

www.reiki-soul.com

Toronto

Please register by email if you plan to come

Place: 615 Yonge Street, #403

Donation: something for snacking

Comments: All who have Level I Reiki or Learning Path Integrated Technique are welcome to join us.

Contact: Diane Young, RT-CRA of Circle of One

Email: diane@circle-of-one.com

Spadina & Dupont

Last Wednesday of the month from 6:00 to 9:00 pm

Location: 250 Dupont Street

Donation: Donation

Evening Activities: Guided Meditation, Group Reiki Sessions, Discussion

Reiki Practitioners: Earn Continuing Education Units (CEU) towards CRA membership.

Contact: Vivian eilON, Reiki Master

Phone: 416.457.3330

Email: info@vivianeilon.com

www.vivianeilon.com

Toronto Hypno Healing Reiki Share

Every 4th Monday from 6:30 to 9:00 pm

Location: Hypno Healing Institute Inc, 355 Keele St

Donation: by donation

Comments: This is open to all Reiki Practitioners or members of the public who wish to join us. The purpose of this gathering is to inform people about

Continued on page 21

REIKI SHARES & EXCHANGES

Continued from page 20

ONTARIO *con't*

the benefits of Reiki, and to receive a Reiki treatment to promote healing in their everyday life. Please feel free to pass this information on to anyone you think may be interested. To join our Reiki Share please call our office.

Contact: Debbie Papadakis, RT-CRA

Phone: 416.760.8996

Email: Debbie@hypno-healing.com

Toronto Reiki Intro. Talk & Share

Call for next dates—from 1:00 to 5:00 pm

Location: Swansea Town Hall, 95 Lavinia Ave, Council Chamber 2nd Flr, street parking free where available!

Donation: \$10 admission and \$8 for students, seniors and low income.

Comments: An icebreaker will be followed by a guided meditation, Reiki sessions & light refreshments Bring something to lie on: pillow, foam or yoga mat, bad sheet, pillowcase, towel. Massage tables are greatly appreciated too! I also facilitate trades between holistic healing practitioners of all modalities & run volunteering & practice nights. People can also join the 'Toronto Reiki Healing Shares Group' at: www.groups.yahoo.com/group/-Torontoreikihealingshares to be informed of our ongoing Reiki shares.

Contact: Stephanie Norwich, RT-CRA

Phone: 416.785.3611

Email: sgiver@yahoo.com

Waterloo

Reiki Share at Holly Oak—The Gathering

2nd Thursday of the month from 6:30 to 8:30 pm

Location: The Opening Way Studio, 24 Regina St N

Donation: \$5.00

Comments: All people with Reiki Level 1 or higher. Join us for an evening of treatment exchange, discussion, questions & answers, mutual support & engaging with fellow Reiki Practitioners. The evening is facilitated by Cindy Pearce of Crystal Rainbows. If you know you are attending please call ahead to confirm—also accept drop-ins if numbers allow.

Contact: Holly Oak—The Gathering

Phone: 519.725.2681

Email: openingway@conscioustraveller.com
www.conscioustraveller.com

Welland Reiki Share

Location: Welland, ON

Please visit website exact dates

Donation: \$2.00

Comments: Come enjoy interesting discussions on Reiki and other energy healing modalities as well as the Reiki share.

RSVP: Please contact me to confirm date and attendance.

Contact: Debbie Boehlen, RT-CRA

Phone: 905.714.0298

www.canadianchamppassage.com

It is within the families themselves where peace can begin.

—Susan Partnow

QUEBEC

Montreal

Reiki for Kids

Workshop for Kids 6-12 and Teens 13+

For more information

Contact: Karen Mosuk RT-CRA

Phone: 514.856.3435

Email: karenmosuk@hotmail.com

NOVA SCOTIA

Halifax-Dartmouth

Last Wednesday of the month from 6:30 to 9:00 pm

Location: 142 Braemar Drive, Dartmouth

Comments: Everyone with Reiki Level I and above are welcome.

Contact: Gail Piccott Bannister, CRA & AURA Member

Phone: 902.463.1775

YUKON

Whitehorse Reiki Exchange

Comments: If interested in an exchange please phone

Contact: Faye Eby RT-CRA

Phone: 867.667.4830

ANNOUNCEMENTS

FACEBOOK

At the request of our members we have a Facebook account.. We have also started a CRA Facebook Group as well. Please join us and share you stories. Search for reiki@reiki.ca.

Shop at The Reiki Corporate Store:

For your convenience we offer **PayPal**® through the internet Corporate Store to pay for all store products plus new and renewal of memberships.

Our newest item in the Corporate Store is our two **Corporate Packages:**

“Reiki in the Work Place Setting”:

When presenting Reiki to the corporate world and explaining the benefits of Reiki in the work place, this package is ideal. It contains an introductory letter explaining the benefits of Reiki in the work place and several well written articles to further explain what Reiki is along with the new CRA Brochure. Just add your own business brochure and business card to the package and the presentation is complete.

“Reiki in a Volunteer Setting”:

When presenting Reiki to a hospital, nursing home, cancer clinic or any type of care facility on a volunteer basis, this package is ideal. It contains an introductory letter explaining

Continued on page 22

ANNOUNCEMENTS

Continued from page 21

the benefits of Reiki volunteers offering Reiki in a care facility and several well written articles to further explain what Reiki is along with the new CRA Brochure. Just add your own business brochure and business card to the package and the presentation is complete.

“What is Reiki” brochure. **It covers:** What is Reiki, The History of Reiki, How it Works, A Reiki Session. The brochure is in simple language for the non Reiki person. Our intention is to give you another resource for seeking out potential clients. When a potential client has a better understanding of Reiki, they may be more inclined to book a session with you. They are \$3.95 for 12 plus S&H.

CRA Logo Lapel Pins: These beautiful pins are an ideal gift for yourself or as a gift for your Reiki students when they complete a class for only \$5.00. Buy 5 pins for \$25.00 and get 2 free with your order.

Don't forget we have generic **Certificates** for Level's I, II, III and Master for members and non-members. Email for pricing or go to our on-line Corporate Store. In addition to the Reiki Certificates **we offer to include** your students name to the certificate. A minimal charge of 50 cents per name for this service will be added to the cost of the certificate along with the shipping and handling. Cost is: 1 certificate for \$3.50 or 4 certificates for \$5.50 S&H included.

This 17 minute guided Chakra Meditation CD is perfect to use at Reiki Shares or Exchanges. It is a lovely way to bring the group together while relaxing and centering them at the same time. It is also perfect for personal use to relax and refresh you in just 17 short minutes and makes a perfect gift for anyone. \$15.00 plus \$5.00 S&H.



Send cheque or money order to: **Corporate Store**, c/o The Canadian Reiki Association, Box 54570, 7155 Kingsway, Burnaby, BC V5E 4J6. Don't forget you can pay on-line through PayPal®

The CRA is interested in ways to bring the membership together so they can get to know each other by sharing ideas and experiences. For those who frequent the Internet via e-mail and website browsers, the CRA has set up a members only e-mail list **discussion group**; subscribe at: cra_news-subscribe@yahoogroups.com. **Reiki Certificates** for Reiki Teachers to present to their student's upon completion of the Level **they were attuned to** are available in the Corporate Store.

In addition to the Reiki Certificates **we offer to include** your students name to the certificate. A minimal charge of 50 cents per name for this service will be added to the cost of the certificate along with S&H. Example of Cost: One certificate would be \$3.50 or four certificates would be \$5.50

AFFILIATE PROGRAM WITH EMBROIDME

The corporate store now carries CRA Shirts, Track Pants, with matching Jackets, Blouses, Vests and Polar Fleece blankets - just the right size for your Reiki table. They are now available through the Corporate Store. The product is competitively priced and is of excellent quality. The shirts, blouses, jackets and track pants are made out of high quality cotton and you will have a choice of styles and wide range sizes of shirts and jackets. There is also a variety of colours to choose from.

We will be starting with a few products at first but the opportunity to introduce more in the clothing line will depend on how well we do with the orders.

I would like to mention that the CRA logo is embroidered on not a transfer that has been ironed on as it was with the old style of shirts.

We know how everyone felt about the old shirts so we are pleased that we have found a way to update the product line and bring other items in without the costly overhead. With our Affiliate Program from Embroidme in place it is without a doubt the best way for the CRA to provide a good quality product without the expense and storage that we experienced with the previous order of shirts.

**We Welcome to Victoria, BC
International House of Reiki from Australia
Presenting 3 Days Shinpiden 111 Reiki—Master Teacher
Workshop ~ Reiki as a Spiritual Practice from a
Japanese Perspective
For Reiki Teachers Masters & Level 2 Reiki Students**

**Victoria, BC ~ March 21, 22, 23
March 20, Friday 7-9pm—Talk in Victoria**

This course is suitable for Level II Practitioners desiring to become Reiki Master/Teachers or established Reiki Master/Teachers desiring to upgrade their knowledge. Certification permitting you to teach and initiate into Usui Reiki Ryoho. Frans Stiene will guide you over three days, deep into the truths at the heart of these Japanese teachings. Based on factual historical research these teachings will give you the confidence to be the Reiki practitioner you always wanted to be. Belong to an international healing community, the International House of Reiki, and receive all the benefits of the centre's legendary support systems including the 'student's only website' – access it no matter where you live—www.reiki.net.au

COST: Shinpiden Level 111- \$1,600 Cdn
\$1,350 if paid before January 31, 2009

Call Catherine 250-298-8191 or reikivictoria@gmail.com
Frans is recognized as a leading Global Reiki Researcher and Teacher for **more info on website: www.reiki.net.au**

ADVERTISING SECTION



Amethyst Bio Mat
*Negative Ion & Far Infrared
Therapeutic Treatment System*

Call for further information to book a treatment, or a complimentary demonstration.*

Ask about becoming an Independent Bio Mat Representative.

Stephanie Cookson
Reiki, Sekhem, SSR Teacher,
Registered Nurse (MH-UK)
MBA
Downtown Toronto
Tel. 416.916.2980
www.transense.ca

Bonnie Smith
Reiki Master/Teacher
Reflexology Teacher
Burlington, ON
Tel. 905 639 5980
www.soulsjourney.ca



Barb Weston
Reiki Master/Teacher
North Vancouver, BC
Tel. 604 985 7302
www.innerfocus.ca

Bobbie Casey
Reiki Master/Teacher
North Vancouver, BC
Tel. 604 929 2952
www.holisticallyyours.ca

Inner
Focus



Holistically
Yours
Holistic Healing

**“My Teachers Wear Fur
Coats“**

**By Susan Mack
and Natalia Krawetz**

Lessons From Reiki With Pets

**Available from Amazon
and bookstores**

"Believe that you can do it, under any circumstances.
Because if you believe you can, then you really will.
That belief just keeps you searching for the answers,
then pretty soon you get it."
– Wally "Famous" Amos



Love with a joyful soul.....

**Sekhem & Reiki natural energy, treatments,
classes (all levels), Retreats, events,
selection of worldly goods (meditation cards,
books, CD's, singing bowls, statues, crystals)**

Stephanie Cookson
Holistic Practitioner
Reiki, Sekhem, SSR Teacher
Registered Nurse (MH- UK), MBA
Canadian Reiki Association Teacher
stephanie@transense.ca

Transense Healing Arts
Suite 610, 344 Bloor St West
Toronto, ON M5S 3A7
www.transense.ca
Tel. 416 916 2980

**Reiki & Cultural Sacred
Journey to Kyoto, Japan**

*Birthplace of Usui Reiki
April 7-22, 2009*

*With Hyakuten Inamoto Sensei ~
Buddhist Monk & Reiki Master/Teacher*

**Experience the beauty of the
Magnificent Cherry Blossoms....
only 3 spaces left**

Non-Reiki partners also welcome.
Includes all meals, accommodation, tourist activities
& cultural events and ceremonies, entrance fees, our
own private transportation, admissions to all temples
and shrines - with Hyakuten Sensei our
Japanese/English Speaking Buddhist Monk
Reiki Master and Hiromi Sensei our Japanese
Oomoto Shinto Priest
& English Speaking Tour Guide

Single or Double Accommodation Same Price
\$3,950 Cdn.\$ all inclusive
JAL Group Flight Rate Secured

For Details please contact Catherine Harvey
CRA Reiki Master/Teacher
reikivictoria@gmail.com
250-298-8191



Circle of One

Diane Young
practitioner and teacher
Reiki & Energy Clearing
Axiatonal Alignment & Yoga
Learning Path Integrated Technique

Expanding Through Awareness

www.circle-of-one.com
diane@circle-of-one.com
416.320.8524

Wings of Dove Holistic Centre
Sacred space for Personal Empowerment

Usui Reiki Sessions & Training L1-2-3-MT
CranioSacral Therapy
Healing Matrix – Multidimensional Healing
Animal Communication & Healing
Spiritual & Mediumistic Sessions
Metaphysical Education
Classes Workshops Retreats

www.wingsofdove.ca
604.275.7774 – 1.866.275.7776
wingdove@telus.net

Build Your Reiki Practice

Get this FREE, 22-page report,
"67 Surefire Ways to Attract
Clients" at
www.juliettaustin.com

**INDIAN HEAD
MASSAGE
COURSE**



Through the Canadian Centre of
Indian Head Massage.

Contact: Debbie Boehlen at 905.714.0298 or visit
website at www.canadianchamassage.com for
workshop dates and locations across Canada.



Reiki Associates
Encouraging body balance for Health

Balance Your Energy
Training Available for Level 1, 2 and Masters
Visit our website to receive a copy of our newsletter

www.reikiassociates.com
E-mail: info@reikiassociates.com
Ottawa 613-913-2803
Perth 613.264.8165



**Aura
Wellness
Centre**

Offering Chakra & Ch'i harmonizing, crystal
healing, drumming/journeing, EFT, Life
Coaching, Reiki, and sound sessions.
Through **Academy of Energy Healing** enjoy
in-person, email, or correspondence courses.
We are accredited and offer the
Certified Holistic Energy Practitioner™ program

Info: 604-524-8565 or LynAyre@telus.net
www.LynAyre.com

Treat the other man's faith gently;
it is all he has to believe with.
His mind was created for his own thoughts,
not yours or mine.
— Henry S Haskins